

## FEEDING YOUR BABY AS YOU TRAVEL

It is difficult to travel with a baby. Keeping your baby fed and healthy is a challenge. This guide will help you.

Breastfeeding your baby will help you to travel. Babies can be breastfed anywhere and no preparation is required. This makes it easy to travel with them because you can move very quickly to catch transport or to go somewhere. There is no need to queue for food for your baby if you are breastfeeding.

If your baby is formula fed, there will be times when you will have to stop to find milk and to wash. Finding milk can be difficult and washing bottles or cups takes time. Formula feeding makes it much harder to travel and will slow you down.

Formula feeding helps diseases like diarrhea infect babies. Babies that are bottle fed are much more likely to get sick. Caring for a sick baby, finding and changing many more dirty nappies and getting medical care for a sick baby can be hard and mean that you have to stop when you don't want to.

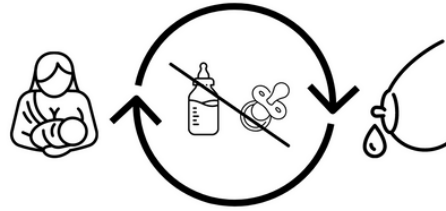
## HOW TO BREASTFEED AS YOU TRAVEL

Babies 6 months and younger should be fed nothing but breastmilk.

- No water
- No juice
- No tea or coffee
- No animal or other milks
- No solid foods

Breastmilk is the only source of safe water and food for a baby under 6 months. It contains many ingredients that will protect your baby from infections.

Giving baby anything but breastmilk may cause your baby to become ill. Even a little bit of formula or solid food makes it more likely that your baby will get sick. It can also cause your body to make less breastmilk. Allowing your baby to suckle for comfort can increase milk supply.



Stress and exhaustion do not cause milk to dry up or to spoil, but it can slow the release of milk and this can make babies unhappy. Thinking of your baby and your hope for a good future will help to release the milk. Feeding your baby more frequently also helps.

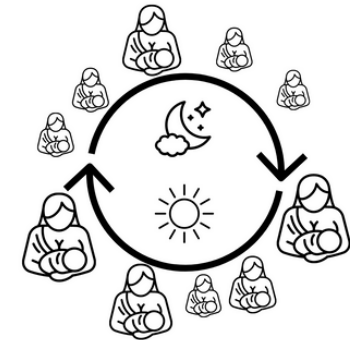
Breastfeeding in public is allowed all over Europe so you do not need to be worried about feeding your baby where-ever you are. If you want privacy there are many places where migrants are travelling where mothers can have some privacy to breastfeed. Breastfeeding shawls can also give some privacy. Material can be tied into a sling so you can easily breastfeed while you walk.

Mothers should breastfeed even if they are pregnant or become ill. This includes if you become ill with COVID 19. If you are sick, your milk will protect your baby from getting sick.

If your baby is sick keep breastfeeding and do not feed them anything else. Your milk will help your baby to get better.

If you recently stopped breastfeeding, you can start breastfeeding again:

- Offer the breast day and night
- Frequent suckling makes milk flow
- Offer the breast before other foods



## BREASTFEEDING BABIES OLDER THAN 6 MONTHS

If your baby is over 6 months, keep breastfeeding. Your milk will continue give your baby clean water and food, protect them from illness, and help you to travel more easily. Breastfeeding will also comfort your baby and help to keep you calmer. It is recommended that children keep breastfeeding until they are at least 2 years old.

Babies older than 6 months should also be eating solid foods but if none are available, you can just breastfeed more often and your milk supply will increase so that your baby will not go hungry.

## ONLY FORMULA FEED IF BREASTFEEDING IS NOT POSSIBLE

Formula feeding can be dangerous for a baby and it is difficult to do while travelling. Only formula feed if you have no other choice.

Formula feeding is not clean. Babies who are fed with formula are more likely to become sick with serious illnesses, such as diarrhea and chest infections.

If you are breastfeeding and also giving formula you can return to just breastfeeding. Feed your baby frequently and gradually give baby less formula. Each day one formula feed can be replaced with breastfeeding. It may take a few days to wean off of the formula and increase breastmilk.

If other breastfeeding women are travelling with you, and you are not breastfeeding or are still using some formula they may be willing to breastfeed your baby so you don't have to use formula.

### Formula feeding as you travel

If your baby is under 6 months old and cannot be breastfed then they should be fed infant formula.

### Powdered formula

Powdered formula should be mixed with clean, boiled water, If you can't get boiled water then you can use bottled water.

- Do not add extra water to dilute
- Do not add extra powder to thicken

Formula that is mixed with too much water or too much powder can make a baby very sick.

Throw out unused formula; do not save it to feed later. Bacteria grow quickly in formula once it is mixed and can make baby sick.

### Ready to feed liquid formula

Ready to feed liquid formula does not need dilution and is easier to use. Once containers of ready to feed formula are opened they must be drunk immediately and any left over milk must be thrown out. Once ready to feed formula is opened bacteria can quickly grow and can make your baby sick.

## READY TO FEED FORMULA IS SAFER THAN POWDERED

After 6 months, your baby can have animal milk instead of formula. This milk might be easier to obtain and is safer to use than powdered infant formula.

Recommended:

- Full-cream pasteurized animal milk (goat; cow; sheep) including UHT milk.
- Fermented milk or yoghurt

Avoid:

- Juices, teas
- Evaporated or condensed milk

### Feeding baby with a bottle

Washing feeding bottles is very difficult while you travel. If you are formula feeding, don't use bottles if you can help it, use a cup because they are easier to clean and dirty bottles can make babies very sick. If you must use a bottle try to clean it after each feed with hot soapy water. If you can't clean it right after feeding your baby, make sure you dry it very well with clean paper towel.

## DON'T USE BOTTLES IF YOU CAN HELP IT

### Feeding baby with a cup

Cup and spoon feeding are cleaner than using a bottle:

- Use a small cup. Try to clean it after each feed with hot soapy water. If you can't clean it right after feeding your baby, make sure you dry it very well with clean paper towel.
- The baby should be upright or almost upright on your lap.
- Hold the cup of milk to the baby's mouth. Tip the cup so the milk just reaches the baby's lips. Rest the cup lightly on the baby's lower lip. Let the edges touch the baby's upper lip and let the baby lap the milk like a kitten.
- Do not pour milk into the baby's mouth. Let the baby take milk into its mouth from the cup.

### SOLID FOODS FOR OLDER BABIES

Once babies are 6 months old they should be fed solid foods, but suitable foods can be hard to find. Begin with soft foods that are easy for baby to swallow. Continue to breastfeed as often and for as long as possible.